VJTC 2026: Session: 5: COACH evaluation sheet for TEAM: RSC

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Terryn Julien

Coaches: Wallemacq Justine

PB => Personal Best time **SB => Seasons Best time: Season starting point: first of September.**

Event number: 52: 400M FREESTYLE WOMEN 15-16 Heat:2, starttime: 09:51

Heat: 2/2 Lane : 2 Athlete: MALFAIT LIZANNA (LIZI) **Q-time: 04:39:66**

PB (50m pool): 04:44.79 Gent 08/02/2026 **PB (25m pool):** 04:39.66 **SB:** 04:44.79 Gent 08/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.31	01:09.05	01:46.13	02:23.11	02:59.57	03:35.77	04:11.11	04:44.79
	00:32.31	*00:36.74*	*00:37.08*	*00:36.98*	*00:36.46*	*00:36.20*	*00:35.34*	*00:33.68*
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Coach feedback:

Event number: 58: 200M BACKSTROKE WOMEN 15-16 Heat:3, starttime: 10:59

Heat: 3/3 Lane : 1 Athlete: BEIJNSBERGER MARE **Q-time: 02:25:91**

PB (50m pool): 02:25.91 Antwerpen 27/07/2025 **PB (25m pool):** 02:26.71 **SB:** 02:34.20 Lochristi 01/02/2026

	50M	100M	150M	200M	
PB	00:32.71	01:09.75	01:48.01	02:25.91	
	00:32.71	*00:37.04*	*00:38.26*	*00:37.90*	
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Coach feedback: